Examiners' Report
Lead Examiner Feedback

June 2022

Pearson BTEC Nationals
In Sport (31525H)
Unit 2: Fitness Training and Programming for Health, Sport and Well-being

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Grade Boundaries

What is a grade boundary?

A grade boundary is where we set the level of achievement required to obtain a certain grade for the externally assessed unit. We set grade boundaries for each grade, at Distinction, Merit and Pass.

Setting grade boundaries

When we set grade boundaries, we look at the performance of every learner who took the external assessment. When we can see the full picture of performance, our experts are then able to decide where best to place the grade boundaries – this means that they decide what the lowest possible mark is for a particular grade.

When our experts set the grade boundaries, they make sure that learners receive grades which reflect their ability. Awarding grade boundaries is conducted to ensure learners achieve the grade they deserve to achieve, irrespective of variation in the external assessment.

Variations in external assessments

Each external assessment we set asks different questions and may assess different parts of the unit content outlined in the specification. It would be unfair to learners if we set the same grade boundaries for each assessment, because then it would not take accessibility into account.

Grade boundaries for this, and all other papers, are on the website via this link:
http://qualifications.pearson.com/en/support/support-topics/results-certification/grade-boundaries.html

Awarding BTEC qualifications in 2022

Ofqual has set out their plans for awarding qualifications in 2022 and intend to return to a normal, pre-pandemic, approach to grading standards over by 2023. They have confirmed that 2022 will be a transition year, to reflect that we are in a pandemic recovery period and students' education has been disrupted.

Our guiding principle and approach to awarding BTEC qualification results in 2022 will be to ensure parity in relation to the approach being taken for GCSE and A level learners. BTEC courses have a different structure and design to academic qualifications - BTECs are modular qualifications (with

assessments taking place throughout the course) compared to GCSEs and A levels which are linear (assessed and awarded at the same time at the end of the year), and therefore our approach needs to be different.

In 2022 we will return to the usual method of calculating BTEC qualification results, however adaptations including, U-TAGs and reduced internal assessment, are in place to provide a comprehensive package of support for students.

The basis of our awarding approach to BTECs this year is to ensure it is as fair as possible for all learners. We will use a range of evidence to set grade boundaries for the external units. Part of this evidence will be to closely monitor learner performance in all assessments that contribute to learners' final qualification grade, to ensure parity with A level and GCSEs.

Further information can be found on our website and via our Social Media channels.

Introduction

Fitness Training and Programming for Health, Sport and Well-being is a combination of several previous QCF units such as Exercise, Health & Lifestyle, Fitness Training and Programming, Nutrition and Fitness Testing. There have been no major changes to the format of the examination from the previous exam series.

This task-based assessment followed the same format as previous series with the emphasis being around a different scenario. This task-based assessment is split into 6 questions which are open response answers and are awarded different marks.

Question 1 identified the different lifestyle factors of the chosen individual within the scenario as well as assessing their health monitoring test results. There was a total of 12 marks for this question. Question 2 covered the different lifestyle modification techniques that were appropriate for the individual and would be awarded a total of 12 marks. Question 3 would ask the learners to propose and justify nutritional guidance for the selected individual and would be awarded a total of 8 marks. Question 4 covered different training methods for the selected individual and would be awarded a total of 8 marks. Question 5 asked the learners to design weeks 1, 3 and 6 of a 6-week training programme taking into account the individuals training needs and would be awarded a total of 6 marks. The final question looked at giving a justification of the design of the training programme that learners had completed in the previous question, taking into consideration the principles of training, and this would be awarded a total of 14 marks.

Introduction to the Overall Performance of the Unit

Learners are starting to perform consistently better across the paper following previous exam series. Learners are giving more detailed answers that are both taken from the unit specification as well as being made specific to the given scenario and individual. Learners appear to be using their preparation and research time effectively before part B is released and utilising the use of their notes within the controlled assessment period.

The scenario for this exam series was based around a 24-year-old female who plays football as a goalkeeper. She stopped playing football 5 years ago and now wishes to start playing competitively again. The individual has decided to join a new football team that is 2 miles from her home and will

undergo a full health screening assessment before she starts to play. The individual is working as a waitress and uses public transport to get to work every day. Her health monitoring tests were all on the average side with her BMI being overweight suggesting her health and skill related components of fitness all need improving.

Question 1 responses again performed consistently well across the board due to the amount of information that was available for the learners to discuss within Part A and Part B of the scenario. The scenario allowed for all the lifestyle factors from the specification to be discussed and their implications on the health and wellbeing of the individual. All four health monitoring tests were also accessible from the scenario. Majority of the responses performed consistently well as learners had a lot of information that they could use within their answer.

Question 2 responded well this exam series with learners giving specific lifestyle modification techniques from the specification for the chosen individual. This series allowed the learners to give lifestyle modification techniques based around smoking, exercise and alcohol. A large proportion of learners gave lifestyle modification techniques that were specific to these chosen lifestyle factors. The better responses linked the barriers to change to each lifestyle modification technique for each of the different targeted lifestyle factors for this individual.

Question 3 performed well this series as learners are starting to understand the type of nutritional guidance that should be proposed from the specification for the individual. Learners that proposed guidance around the recommended daily allowance of calories, macronutrients, micronutrients, ergogenic aids and hydration would have gained higher marks.

Question 4 performed well this series as the scenario allowed for training methods to be proposed from either Power, Speed, Strength, Reaction Time, Agility, Coordination, Aerobic Endurance, Muscular Endurance, Flexibility and Core Stability. If learners proposed at least one training method from the specification from at least four different components of fitness, then the response would fall into the higher mark bands.

Question 5 performed well this series as learners had to design weeks 1,3 and 6 of a 6-week fitness training programme. If learners applied at least 3 different components of fitness that are relevant to the individual and

applied the principles of training, then the response would fall into the higher mark bands.

Question 6 is consistently performing well each exam series with a high proportion of learners now giving responses based around the principles of training that they had implemented into their 6-week training programme. The better responses saw learners justify in detail each of the principles of training, including the FITT principle, while making them relevant to the individual in the scenario. More learners are responding to the question by justifying the design of the programme with its aims and objectives, resources needed, the SMARTER principle and covering periodisation.

For this examination series, the mark scheme for unit 2 had the following percentage weighting for the different questions and traits;

Question/Traits	1	2	3
1	35%	35%	30%
2	30%	50%	20%
3	40%	60%	
4	40%	60%	
5	40%	60%	
6	70%	30%	

This was considered when marking the learner work and placing their answers into the relevant mark bands to decide their overall score for each question. This percentage weighting for the mark scheme may change each examination series to come in line with the current scenario being applied.

Individual Questions

The following section considers each question on the paper, providing examples of popular learner responses and a brief commentary of why the responses gained the marks they did. This section should be considered with the live external assessment and corresponding mark scheme.

Question 1 – Interpret the lifestyle factors and screening information for Zara Gibson.

Majority of the marks would be awarded if learners could identify the lifestyle factors from the screening information and describe these comprehensively. The lifestyle factors that should be covered are Sleep, Diet, Exercise, Smoking, Alcohol, Stress and a Sedentary Lifestyle.

Learners should also be able to give a detailed analytical approach of the lifestyle factors identified for the chosen individual, leading to an interpretation of their impact on their health and wellbeing. The interpretation should have specific relevance to the health and wellbeing of the individual.

Learners also needed to give a detailed analytical approach and interpretation of the health monitoring test results for the chosen individual. The interpretation should be made specifically relevant to the individual and their health and lifestyle. All 4 health monitoring test results should be covered from Resting Heart Rate, Blood Pressure, Waist to Hip Ratio and Body Mass Index (BMI).

This response gained 11 out of 12 marks

Taskbook

Please do not write answers outside the spaces provided.

You must complete all activities in this taskbook.

1 Interpret the lifestyle factors and screening information for Zara Gibson.

(12) Q01

Zara's health is widely affected by the 7 lifestyle factors sedentary lifestyle, exercise/PA, smoking alcohol, stress, diet and sleep. Zara works as a waitress, keeping her partly active, which is positive on her health. Although this is positive this is the only form of physical activity Zara does.

The first lifestyle factor I will cover is Zara's sedentary lifestyle. Although Zara works as a waitress 6-8 hours a day which is positive, keeping Zara somewhat active, she has a mostly sedentary lifestyle. This is negative on Zara's health. Zara takes the bus to work every day meaning she misses out on potential exercise by walking. She also partakes in no form of exercise or physical activity. These factors will prevent her from reaching her goals of becoming fitter due to not partaking in any physical activity resulting in her putting on more weight and not making any positive changes to her body. The government

guidelines suggest 150 minuts of moderate exercise at least one day a week or 30 minuts every day for 5 days a week. This can include running, cycling or fast walking. This will help Zara lose weight and set her off on becoming fitter. This will therefore reduce problems like obesity, CHD, Strokes, diabetes and some cancers. Zara will therefore be able to reach her goals of increasing her fitness levels and increasing her reaction times.

Similarly, another negative lifestyle factor is Zara's participation in exercise and physical activity. Zara ~~as~~ takes part in no form of exercise. this is negative as it prevents Zara from burning fat and losing weight resulting in her putting on more weight than she wants. This could lead to obesity and problems like stroke, Chronic heart disease ~~or~~ cancers or mental problems like depression or anxiety. The gov guidelines, suggest 150 minutes of moderate exercise a week or 30 minutes every day over 5 days every week. This will prevent Zara from putting on excess weight and help ~~increase her fitness~~ increase her fitness levels resulting in her meeting her goals, whilst also preventing certain health problems like strokes or obesity.

Another negative impact of Zaras life style on her health is ~~Zara~~ her smoking. Zara smoke 6 cigarettes a day. smoking this much can lead to lung cancer, asthma

strokes and other breathing problems. These problems will lead to Zara not being able to participate in exercise and physical activity due to her lungs being too weak and making her gas out. This will prevent her from meeting her goals of becoming fitter due to her lungs being damaged, preventing her from partaking in physical activity. The NHS/ Gov guidelines suggest against smoking or too stop smoking as soon as possible. This will help prevent Zara from any worsened or long term lung problems which will prevent her from exercise or cause life threatening problems and allow her to meet her goals.

Alcohol is another negative factor in Zara's life. Zara drinks a total of 25 units in a week. This can negatively affect Zara's health as it can lead to health problems like hypertension, cirrhosis, depression, ~~stroke~~ throat cancer. It can also leave you feeling sluggish and lazy. Alcohol also leads to obesity and overeating, resulting in more weight gain. These factors will prevent Zara's fitness levels from going up. The government suggest drinking 14 units of alcohol spread out over the week. Zara drinks 11 more units than suggested. If Zara was to drink less alcohol she would find more motivation to do exercise due to not feeling sluggish and will also find it easier to lose weight, whilst also decreasing the chance of certain health problems.

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Positively, Zara does not experience stress. this will positively affect Zara's health as she won't experience increased risk of angina, strokes, heart attacks, depression or loss of motivation. As a result of this she will be more willing to go out and exercise and will not have the risk of the health problems to hold her back. If she did experience stress the gov guidelines suggest becoming more organised and to manage workload, deadlines and relationships well. this will then help Zara from reaching her goals as she is more motivated to exercise, resulting in her fitness increasing.

Zara also gets 7.5 hours of sleep a day. This is positive as it prevents habits like overeating which will result in additional gain. It will also prevent depression, tiredness, stress and memory loss. This will help Zara meet her goals of increased fitness levels and reaction times as she is more energised to go out and perform physical activity. Zara meets the gov guidlines of atleast 7-8 hours sleep a night. As well as this her immune system will remain healthy preventing sickness and missing things like training.

Zara's diet is somewhat positive and negative. Positively Zara eats 3 meals a day ensuring she has enough food

and energy to last the entire day. As well as this her lunch is pretty healthy consisting of chicken salad one day and soup another with an apple after. On the other hand, negatively, Zara drinks an excess amount of coffee and white wine. She doesn't meet her 8aday and doesn't get enough water in her system everyday (8 pints). She also eats alot of sweet sugary things and fatty unhealthy foods like pizza. these sugary foods will give her a rush of energy but then leave her feeling sluggish. This will affect her Performance in exercise making her un motivated and these fatty foods will make her put on weight. This will make it hard for her to reach her goal of becoming/increasing fitness levels.

Zara's screening information shows that her BMI reading is 26. This is negative on Zara's health as it shows she is above a healthy reading and could be classed as over weight. A healthy average reading is 18.5 - 24.9. this shows us that Zara is partly overweight and may be at risk to problems like higher risk of heart diseas, high blood pressure or type 2 diabetes. This may cause serious health Problems and may make it harder for Zara to lose weight or perform exercise.

(Total for Activity 1 = 12 marks) Q01_1

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Question Number 1

Zara's blood pressure reading is 130/85 mmHg. This reading is a slight bit over the average reading of 120/80 mmHg. This could mean that Zara's blood pressure may continue to rise and may cause some health issues but at this reading it is ~~most~~ okay. ~~Exercise~~ This reading shows that Zara is not at risk of health problems like ~~Heart~~ heart attacks or strokes. If Zara's bp was to go higher ~~then~~ she could reduce it ~~by~~ through exercise or a healthy diet. This ~~means~~ means Zara doesn't have to worry about these issues and that her bp is more or less healthy.

Zara's waist to hip ratio is 0.82. This reading is negative as it is above average. and may be leaning towards being overweight. This reading can be signs of heart disease, cancer, strokes or type 2 diabetes. These problems can be life threatening to Zara and may prevent her from reaching her goals and

Turn over ▶

Question Number	
	losing weight due to not being able to exercise as a result or side effects of these problems.
	Zara's resting heart rate is 76 bpm. An averge of the resting heart rate is around 60 bpm showing she is ~~or~~ above ~~as~~ average. this ~~and~~ shows Zara is unfit and that her heart is untrained. As a result of this Zara could be at risk of health problems like high blood pressure, circulating blood fat or increase in bodweight. these problems will make it harder for Zara to lose weight but can be prevented by regular exercise, to increase the ~~ca~~ hearts strength.

The learner has interpreted and comprehensively described all of the relevant lifestyle factors from the screening information. Physical activity, sedentary lifestyle, smoking, alcohol, stress, sleep and diet have all been covered by the learner. This part of the answer has fallen into mark band 4 for trait 1 of the mark scheme.

The learner has also given a detailed analytical approach to the interpretation and impact of each of the lifestyle factors which has been made specifically relevant to the health and wellbeing of the individual. This part of the answer has fallen into mark band 4 for trait 2 of the mark scheme.

There has also been an attempted analytical approach leading to the interpretation of the health monitoring test results with the learner correctly interpreting Body Mass Index, Waist to Hip ratio and Resting Heart Rate. Blood pressure was not correctly interpreted here and therefore not awarded. This part of the answer has fallen into the top of mark band 2 for trait 3 of the mark scheme.

Activity 1

Assessment focus	Band 0	Band 1	Band 2	Band 3	Band 4
Interpret lifestyle factors and screening information for an individual	0	1–4	5–7	8–9	10–12
	No rewardable material.	Lifestyle factors are identified from screening information. An interpretation of the impact of the lifestyle factors might be attempted, however has limited relevance to the health and wellbeing of the individual. An interpretation of health monitoring test results might be attempted, however is generic, lacking relevance to the individual.	Lifestyle factors are identified from screening information, and are described. Attempted analytical approach leads to an interpretation of the impact of the lifestyle factors; interpretation demonstrates general relevance to the health and wellbeing of the individual. Attempted analytical approach leads to an interpretation of health monitoring test results; interpretation is generally relevant to the individual.	Lifestyle factors are identified from screening information, and are described in detail. Analytical approach leads to interpretation of the impact of the lifestyle factors; interpretation demonstrates relevance to the health and wellbeing of the individual. Analytical approach leads to interpretation of health monitoring test results; interpretation is relevant to the individual.	Lifestyle factors are identified from screening information, and are comprehensively described. Detailed analytical approach, leading to an interpretation of the impact of the lifestyle factors; interpretation has specific relevance to the health and wellbeing of the individual. Detailed analytical approach, leading to an interpretation of health monitoring test results; interpretation is specifically relevant to the individual.

The extra one mark could have been awarded if the learner had correctly interpreted Blood Pressure (Pre High/Pre-Hypertension) and applied a brief reason as to why these results may have occurred, linking them to the lifestyle factors identified.

Each scenario for all exam series will always allow for all seven lifestyle factors to be identified and therefore interpreted in the correct manner. Each scenario will also allow for all four health monitoring test results to be interpreted by the learner.

This response gained 4 out of 12 marks

Taskbook

Please do not write answers outside the spaces provided.

You must complete all activities in this taskbook.

1 Interpret the lifestyle factors and screening information for Zara Gibson.

(12)

From the information that has been given from the lifestyle questionnaire I can see Zara has a lot of negative lifestyle factors like drinking, smoking and having snacks. Those factors could have bad impact on her well being and her goals which she wants to achieve to get back to football. Smoking could effect her stamina not being good enough and also see some effect on her lungs. As of current she does no physical activity. She works as a waitress, 6.5 hours a day and she takes bus to her work which is 5 miles away. However Zara seems motivated to get back to playing football and her ~~ga~~ goals are to increase her physical fitness and skill-related fitness. The health monitoring tests show her ~~resting~~ resting beats per minute are in the avarage category. Waist to hip ratio, Zara is below the accepted

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health ranges as for women is 0.85 and hers is 0.83. The BMI health ranges shows Zara's BMI, 26 is considered to be above healthy range. The Blood pressure test shows 130 systolic and 85 diastolic to fall in the category of pre-high blood pressure. All the information about Zara shows she isn't far off from being in the healthy side of stuff and from achieving her goals.

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The learner has interpreted and identified alcohol, smoking, diet and physical activity from the given scenario. This part of the answer has fallen into mark band 1 for trait 1 of the mark scheme.

An interpretation of the impact of the lifestyle factors has been attempted by the learner but demonstrates limited relevance to the health and wellbeing of the individual. This part of the answer has fallen into mark band 1 for trait 2 of the mark scheme.

The learner has briefly covered resting heart rate and blood pressure but not covered the other two health monitoring tests. This part of the answer has fallen into mark band 2 for trait 3 of the mark scheme.

Question 2 – Provide and justify lifestyle modification techniques for Zara Gibson.

The higher band of marks were awarded here for proposed lifestyle modification techniques that demonstrated specific relevance to Zara's lifestyle and her requirements. A learner should be able to give lifestyle modification techniques based around smoking, alcohol and increasing physical activity. If a learner was to propose at least one technique from the specification for all 3 identified lifestyle factors, then their response would fall into mark band 4 for trait 1.

A learner should also be able to give a justification for the proposed modification techniques that are specifically relevant to the individual's lifestyle factors. The specification states different lifestyle modification techniques for smoking and alcohol and how embed physical activity into your lifestyle. Learners should be able to justify in detail all three-lifestyle modification technique from three of the lifestyle factors making them specifically relevant to the chosen individual in the scenario. Learners should also take into consideration the 'barriers to change' while justifying their proposed lifestyle modification techniques to fall into mark band 4 for trait 2 of the mark scheme.

A learner should also be able to give proposals of lifestyle modifications that systematically link to the lifestyle factor analysis. The proposals given should demonstrate an understanding of significance, i.e., which is the most important lifestyle modification technique and why.

This response gained 9 out of 12 marks.

2 Provide and justify lifestyle modification techniques for Zara Gibson.

(12)

Zara's midly active job does not allow her to ~~get~~ meet the daily exercise recommendations. This could be changed by Zara to improve her activity levels and fitness. Firstly, she could walk to work. She lives 5 miles from her job so while she could walk, this may take her a long time. Alternatively, she could get the bus, like she already does, but get off the bus half way and walk the rest. She could do this to get home too. As her fitness progresses she could jog instead to shorten the amount of time it takes and also challenge herself. If she did not want to do either of those, she could cycle to work. This would be quicker and most cost effective. During her day at work, she could use her lunch break to do some activity. This could be as simple as a short run. All of these modification techniques would be effective in increasing Zara's activity levels and which will begin to improve her fitness levels. Increasing activity levels should begin to lower Zara's BMI and resting heart rate.

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Secondly, Zara has a poor diet. Her diet is not balanced as it does not follow the eatwell guide. Zara could easily modify her diet. ~~Firstly, she should make sure that her toast is wholemeal bread. Wholemeal bread is~~ She should swap some of her food choices for healthier alternatives. For example, ~~white~~ bread, chocolate bars and crisps should be swapped for healthier food. Zara should also increase her intake a fruit and vegetables. These techniques will improve Zara's diet. Improving her diet will increase her immune function and help her to maintain a healthy body weight. She should also try to eat her five a day, ~~Zara's alcohol consumption~~ consume less salt and consider bringing her dinner time earlier. This is because it is close to bed time and this causes a raise in body temperature and blood sugar levels.

Zara's alcohol consumption can be reduced and minimised is a number of ways. Firstly, she could try to cut down by herself. There may not be a need to try more extreme alternatives if she can do it by herself. Sometimes people do not realise ~~they~~ they are drinking too much until it is pointed out to them.

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If this doesn't work, then she should try alternative methods. Counselling is a great way to talk about feelings around drinking and it can find the triggers for alcohol. Knowing the triggers will help her to avoid them, decreasing her need for alcohol. Alternatively, if she is struggling with feelings of withdrawal, she could try acupuncture. Acupuncture is a good way to help feelings of withdrawal without using drugs. I think that Zara may find this useful when trying to reduce her alcohol intake as it will calm her and possibly replace alcohol or help her not feel like she needs alcohol everyday.

Zara smokes 6 cigarettes everyday, which puts her at risk for major health problems. To avoid this, Zara should stop smoking completely. This may be difficult as smoking contains many addictive substances and chemicals, but it will be very beneficial for her health and her fitness as she heads

back into football. Acupuncture may help her smoking withdrawal as well as her alcohol reduction. That is why I think that accupuncture may be effective for Zara. Further, there are NHS smoking services that use counselling and group therapy as a way to help people through the quitting process. They also provide support and advice which is very useful to someone quitting as it can be very mentally challenging. I think Zara would benefit from cigarettes alternatives. There are many options such as nicotine patches and e-cigarettes. I think Zara would find nicotine patches the most helpful as it will provide her with a very small amount to minimise withdrawal. After a couple of weeks of using nicotine patches, it is possible that Zara may be able to stop, or she might reduce her use of nicotine patches to every couple of days until she no longer needs it. I feel this is a better and safer way of getting rid of a bad habit as it is slow and gradual, meaning it is likely to be less mentally challenging and overwhelming.

Zara's liquid intake should be increased as her alcohol levels decrease and activity levels increase. These factors will influence change in her liquid intake as her body will need it more. She will need to replace the water that is lost when she does her lunch time activity or when she cycles to work. If this does not increase liquid intake enough then she could use personal goals for motivation to drink more water. For example, her personal goal could be to drink 3 bottles of water throughout the day. The quantity could increase overtime too. Overall, goals should make her more motivated to complete them and improve her lifestyle.

(Total for Activity 2 = 12 marks)

The learner has proposed lifestyle modification techniques that demonstrate specific relevance to the individual's lifestyle and their requirements from the targeted scenario. Lifestyle modification techniques have been suggested around physical activity, alcohol and smoking. The learner has given specific strategies taken from the specification to reduce alcohol and smoking. The learner has also suggested strategies to increase the amount of physical activity the individual is getting. This part of the answer has fallen into mark band 4 for trait 1 of the mark scheme as the learner has proposed at least one technique from the specification for at least three identified lifestyle factors.

The learner has also justified the proposed modification techniques making them relevant to the individual's lifestyle factors. The techniques that have been proposed have been justified in terms of the individual's lifestyle and work commitments. This part of the learners' answer has fallen into mark band 3 for trait 2 of the mark scheme.

The lifestyle modification proposals do systematically link to the individual's lifestyle factor analysis and the proposals demonstrate an understanding of significance. This part of the answer has fallen into mark band 3 for trait 3 of the mark scheme.

Activity 2

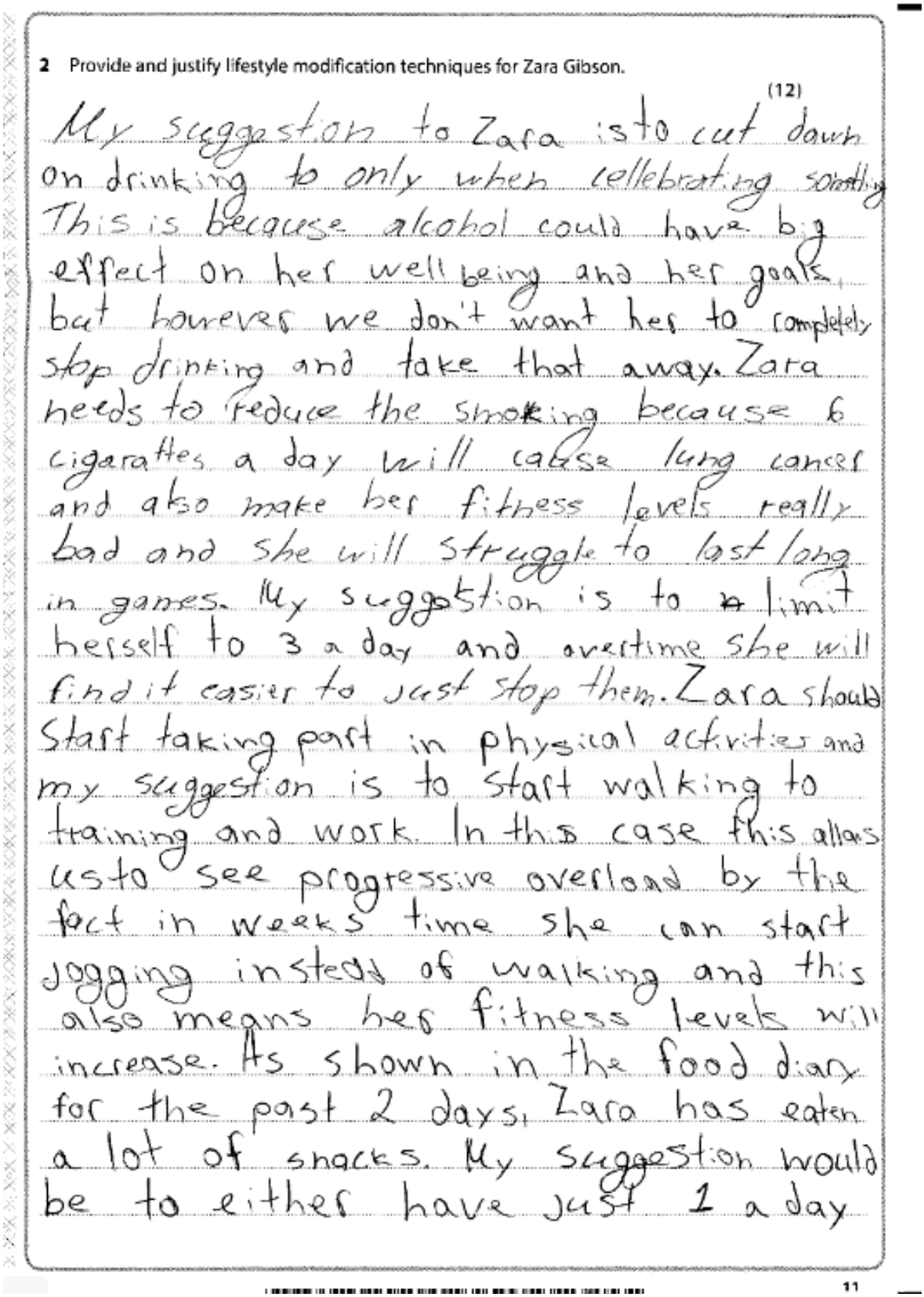
Assessment focus	Band 0	Band 1	Band 2	Band 3	Band 4
Proposed lifestyle modification techniques	0	1–3	4–6	7–9	10–12
	No rewardable material.	Proposed lifestyle modification techniques are generic, with limited relevance to the individual's lifestyle or requirements. Justification for proposed modifications might be attempted, however has limited relevance to the individual's lifestyle factors. Linkage between proposals and factor analysis might be present.	Proposed lifestyle modification techniques demonstrate general relevance to the individual's lifestyle and requirements. Justification for proposed modifications are often present and are generally relevant to the individual's lifestyle factors. Proposals link to lifestyle factor analysis, although there may be occasional lapses.	Proposed lifestyle modification techniques demonstrate relevance to the individual's lifestyle and requirements. Justification for proposed modifications are present and are relevant to the individual's lifestyle factors. Proposals systematically link to lifestyle factor analysis; proposals demonstrate an understanding of significance.	Proposed lifestyle modification techniques demonstrate specific relevance to the individual's lifestyle and requirements. Justification for proposed modifications are present and are specifically relevant to the individual's lifestyle factors. Proposals systematically and consistently link to lifestyle factor analysis; proposals are prioritised, demonstrating a thorough understanding of significance.

The extra marks would have been awarded if the learner had justified the lifestyle modification techniques further using the barriers to change taken from the specification. The learner could have also given a conclusion that

prioritised the lifestyle modification techniques stating which one is the most important in relation to the individual and their chosen sport.

Each scenario for each exam series will always allow for lifestyle modification techniques to be proposed for either stress, alcohol, smoking and/or physical activity. The learner must propose lifestyle modification techniques that are taken from the specification for each of the identified lifestyle factors that need to be addressed for the chosen individual. If the chosen individual does not smoke, then a learner would not need to propose a lifestyle modification technique for this factor.

This response gained 3 out of 12 marks.



2 Provide and justify lifestyle modification techniques for Zara Gibson.

(12)

My suggestion to Zara is to cut dawn on drinking to only when cellebrating something This is because alcohol could have big effect on her well being and her goals, but however we don't want her to completely stop drinking and take that away. Zara needs to reduce the smoking because 6 cigarattes a day will cause lung cancer and also make her fitness levels really bad and she will struggle to last long in games. My suggestion is to limit herself to 3 a day and overtime she will find it easier to just stop them. Zara should start taking part in physical activities and my suggestion is to start walking to training and work. In this case this allows us to see progressive overload by the fact in weeks time she can start jogging instead of walking and this also means her fitness levels will increase. As shown in the food diary for the past 2 days, Zara has eaten a lot of snacks. My suggestion would be to either have just 1 a day

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or end of the week when she checks her progress she can reward herself then. Zara should increase the intake of vegatables and drinking water. Drinking water helps with transporting substances around the body and it regulates the body temperature.

The learner has proposed lifestyle modification techniques that demonstrate general relevance to the individual's lifestyle and their requirements from the targeted scenario. Lifestyle modification techniques have only been proposed for physical activity as there are no other techniques taken from the specification. This part of the answer has fallen into mark band 2 for trait 1 of the mark scheme.

The justification for the proposed modification has been briefly attempted by the learner around physical activity. This part of the learners' answer has fallen into mark band 1 for trait 2 of the mark scheme.

The learner has provided some linkage between lifestyle modification proposals and lifestyle factor analysis as one modification technique for physical activity has been suggested. This part of the answer has fallen into mark band 1 for trait 3 of the mark scheme.

Question 3 – Provide and justify nutritional guidance for Zara Gibson to meet her specific requirements.

The proposed nutritional guidance should demonstrate specific relevance to the individual's requirements. The recommended daily allowance of calories for the individual should be stated, quantities and sources of food for both macronutrients and micronutrients must be proposed as well as hydration levels and ergogenic aids that can help improve sporting performance. To make the nutritional guidance specifically relevant for Zara, learners could propose a slight increase in calorie intake during football training as well as an increase in the daily consumption of fluid.

The proposed nutritional guidance should be justified making it specifically relevant to the individual's dietary requirements for their health and wellbeing. Zara needs to decrease the number of calories that she consumes per day in a sensible manner to allow her to lose weight initially, this will need to then increase when she starts training on a regular basis for football to maintain a positive energy balance for performance.

This response gained 7 out of 8 marks.

3 Provide and justify nutritional guidance for Zara Gibson to meet her specific requirements.

(8)

Zara should be consuming 2000 - 2200 calories a day. Zara's diet should include 50% of carbohydrates. She should consume simple carbs before a game + training session to act as a quicker energy source. These are found in sugary foods like fruit and honey. Zara should consume complex carbs as an energy release over longer periods of time. The can be eaten through bread, rice, pasta, potatoes and wholegrain is encouraged as it has higher nutritional values for her body. Zaras diet should also consist of 15% or 45 grams of protein to aid with the growth and repair of tissue to allow for recovery of the muscle tissue from microtears between training sessions. Complete proteins can be found in eggs, meat, fish & milk. Incomplete proteins can be consumed in cereals, bread, rice, pasta, nuts and seeds. More proteins should be consumed after a training session or game to aid recovery of the muscles & body to be ready and not fatigued for the next training session/game.

fats are a concentrated source of energy. Zara's diet should consist of 35% of fats. saturated fats can be found in meat, eggs + dairy food. unsaturated fats can be found in olive or sunflower oils. Zara should eat monosaturated fats such as peanuts, olive oil and peanut butter as they are the healthier type of fats.

Zara does not drink enough water and is dehydrated. This causes a reduction in strength, power, aerobic capacity and energy. All of which she needs for football games and training. Zara should aim to drink 4 litres of water a day to stay hydrated and to be able to replenish fluids lost in exercise.

Micronutrients are needed in her diet in smaller amounts. these include vitamins + minerals. Zara needs enough vitamin B found in lean meats, eggs + cereals as it is essential in releasing energy from food which she will need when training. She also needs enough vitamin D which aids in the absorption of calcium + phosphorus to aid bone health. this can be found in oily fish, eggs + margarine, as well as, fibre.

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I would also recommend she consumes enough vitamin c to help with formation of bone & connective tissue. This is found in vegetables & citrus fruits.

Zara requires plenty of calcium for healthy bones + general health. It also prevents blood clotting and aids muscle + nerve activity this can be found in poultry vegetables, dairy products & nuts.

Also essential in Zara's diet is iron. It helps with general health & wellbeing and can prevent anaemia. Iron is found in red meat, dried fruit & vegetables.

Zara should try carb loading before a match as they last 90 minutes and requires a lot of energy to avoid fatigue.

Zara can try isotonic sports drinks to drink before to help replace the energy, fluids and minerals lost in sweat whilst exercising.

She could also have protein supplements after a game or training session to

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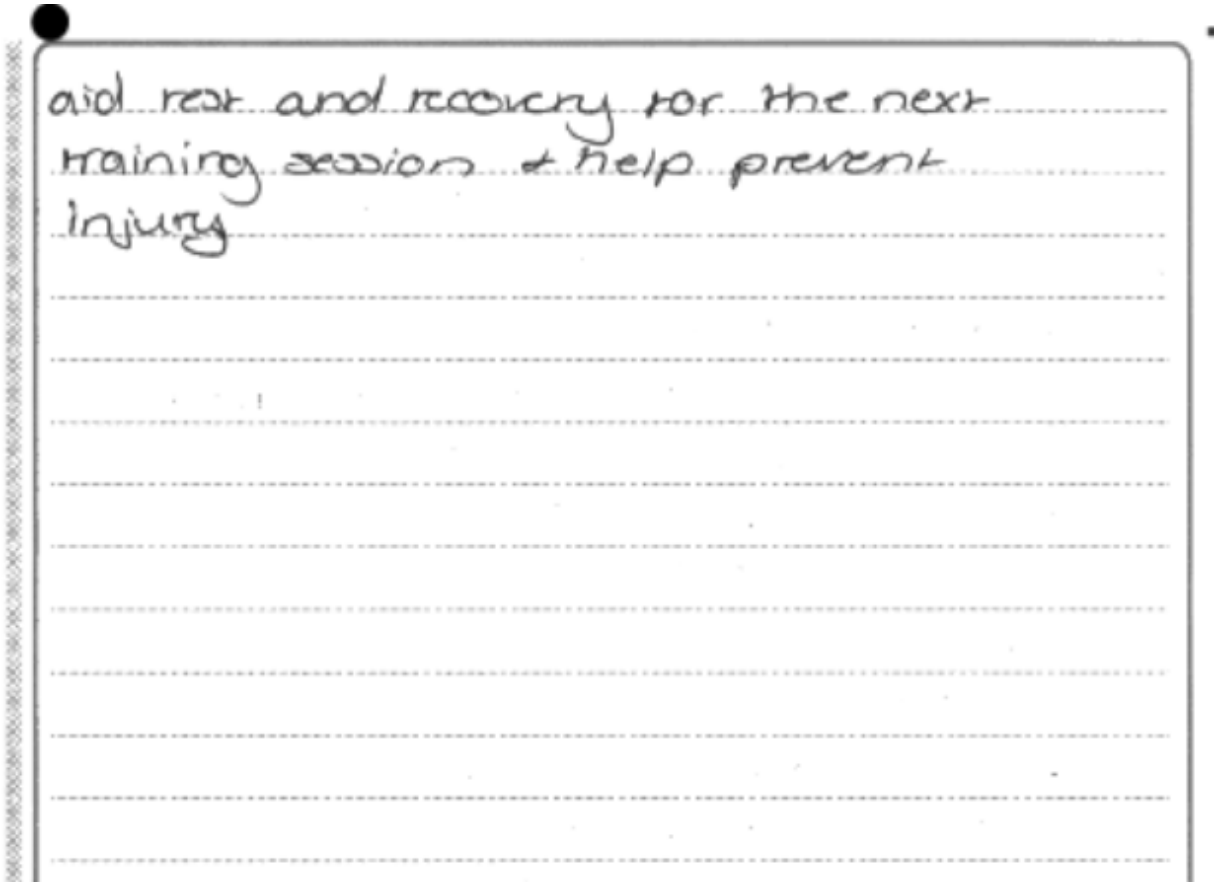


The learner has proposed nutritional guidance that demonstrates specific relevance to the individual's requirements. The nutritional guidance is specific to the individual as they have covered the recommended daily allowance of calories and that they should be consuming more to maintain a positive energy balance during training. The three macronutrients, their quantities and sources of food, micronutrients and sources of food, hydration and ergogenic aids have all been recommended. This part of the answer has fallen into mark band 4 for trait 1 of the mark scheme.

The learner has also justified the proposed nutritional guidance in detail and made it relevant to the individual's dietary requirements and sporting performance. The justification has linked the nutritional guidance to football and the individuals training. This part of the answer has fallen into mark band 4 for trait 2 of the mark scheme.

Activity 3

Assessment focus	Band 0	Band 1	Band 2	Band 3	Band 4
Nutritional guidance	0	1–2	3–4	5–6	7–8
	No rewardable material	Proposed nutritional guidance is generic, with limited relevance to the individual's dietary requirements. Justification for proposed nutritional guidance has been attempted, however shows limited relevance to individual's dietary requirements.	Proposed nutritional guidance demonstrates general relevance to the individual's requirements. Justification for proposed nutritional guidance is generally relevant to the individual's dietary requirements.	Proposed nutritional guidance demonstrates relevance to the individual's requirements. Justification for proposed nutritional guidance is relevant to the individual's dietary requirements.	Proposed nutritional guidance demonstrates specific relevance to the individual's requirements. Justification for proposed nutritional guidance is specifically relevant to the individual's dietary requirements.

The extra one mark would have been awarded if the learner was able to justify in greater detail the recommended daily allowance of calories making it specifically relevant to Zara and her lifestyle. Zara is currently overweight and needs to lose weight before football training starts. She will also need to maintain a positive energy balance during the season and competition.

This response gained 3 out of 8 marks.

3 Provide and justify nutritional guidance for Zara Gibson to meet her specific requirements.

(8)

Q03

Zara's diet is mostly negative. She ~~defiatho~~ doesn't drink the recommended amount of water in a day (8 pints) but instead drinks coffee and wine. The coffee will leave her feeling dehydrated and the wine will cause her to overeat and make her feel unmotivated making it harder for her to meet her goals due to her not feel energised to do exercise or tired due to dehydration. Zara should drink at least 8 pints of water a day to ensure her body is hydrated and awake.

Zara meets 2 out of the NHS/gov 5 a day, and salad eating an apple at lunch. Zara should be eating at least 5 different portions of fruit and veg to ensure she meets the recommended 5-a-day and to ensure she gets her vitamins and minerals everyday. ~~This is negative~~ Zara not eating her 5-a-day is negative as she is not supplying her body with enough vitamins and minerals. These vitamins and minerals help to regulate chemicals around the body and without these the body struggles to do so.

Zara snacks on alot of chocolate bars and cake. These are sugary foods which are quickly broken down and the energy provided is used quickly. This is unsustainable energy as the energy provided doesn't last long and leaves Zara feeling sluggish afterwards. This will make it hard for Zara to perform prolonged exercise making it hard for her to increase her fitness levels. I would suggest substituting these foods for fruit or vegetables to satisfy cravings but also provide her with new 5-a-day.

Zara's diet also consists of alot of unsaturated fatty foods like pizza, burger and chips. These foods will make Zara put on weight making it harder for her to perform exercise due to health risks like strokes, blocked arteries heart disease and obesity. I would suggest changing her dinner from meals like pizza and burger and chips to meals like chicken and pasta with vegetables or fish and vegetables to ensure Zara is getting enough carbs protein and vitamins and minerals. These carbs will be broken down slowly and the energy

used slowly when performing exercise allowing her to perform longer whilst the protein helps to repair her muscles.

A positive thing in Zara's diet is that she eats all 3 meals everyday. this will ensure zara has enough energy throughout the day and will hopefully prevent unnecessary snacking which leads to weight gain. Zara ensures she eats breakfast meaning her body is supplied with fibre and energy to help her through the morning until lunch.

The learner has only proposed nutritional guidance around macronutrients and hydration. There is limited nutritional guidance around the micronutrients as specific ones have not been stated. Therefore, the nutritional guidance shows general relevance to the individual's dietary requirements. This part of the learner's response has fallen into mark band 2 for trait 1 of the mark scheme.

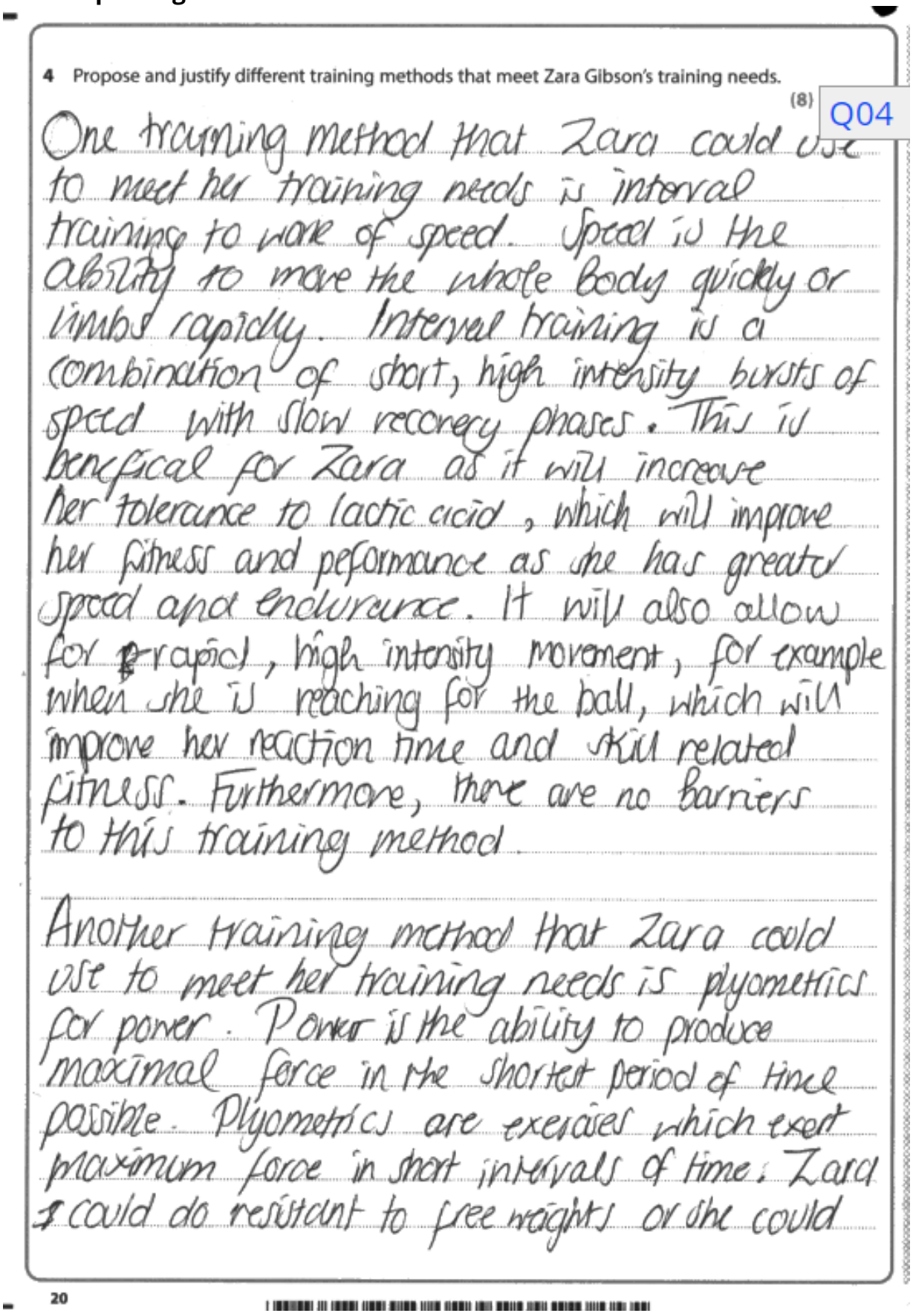
The justification for the proposed nutritional guidance has been attempted, however shows limited relevance to the individual's dietary requirements as only macronutrients and hydration have been covered by the learner in limited detail. This part of the learner's response has fallen into mark band 1 for trait 2 of the march scheme.

Question 4 – Propose and justify different training methods that meet Zara Gibson's training needs.

To gain maximum marks for this question learners should be able to propose training methods that demonstrate specific relevance to the individuals training requirements. A learner should be able to propose at least one training method from 4 different components of fitness, based around either Speed, Power, Strength, Reaction Time, Aerobic Endurance, Muscular Endurance, Coordination, Flexibility, Agility or Core Stability. If a learner proposes at least one training method from the specification for four different components of fitness identified above, then they would fall into mark band 4 for trait 1.

A learner should be able to justify their proposed training methods identified making them specifically relevant to the individual's training needs. Learners should be able to state which method of training would be most appropriate and why for the components of fitness highlighted in this scenario.

This response gained 7 out of 8 marks



4 Propose and justify different training methods that meet Zara Gibson's training needs.

(8)

Q04

One training method that Zara could use to meet her training needs is interval training to work of speed. Speed is the ability to move the whole body quickly or limbs rapidly. Interval training is a combination of short, high intensity bursts of speed with slow recovery phases. This is beneficial for Zara as it will increase her tolerance to lactic acid, which will improve her fitness and performance as she has greater speed and endurance. It will also allow for rapid, high intensity movement, for example when she is reaching for the ball, which will improve her reaction time and skill related fitness. Furthermore, there are no barriers to this training method.

Another training method that Zara could use to meet her training needs is plyometrics for power. Power is the ability to produce maximal force in the shortest period of time possible. Plyometrics are exercises which exert maximum force in short intervals of time. Zara could do resistant to free weights or she could

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do sport specific drills such as ladders, squat jumps, hurdles and box jumps for 3 sets. This would reduce fatigue and injuries. It would also imprare muscular peformance and stability. This is essential for Zara as she must be able to remain balanced and stable when a shot is being taken at her.

Another traing method that Zara could use is reaction time with sport specific drills. Reaction time is the time taken for a sports peformer to respond to a stimulus and initiate the response. Sport specific drills Zara could do is turn and save the shot or have her face a wall and someone behind her throw a ball on the wall and she must catch it or catch a ball before it drops. This is benefical for Zara is it will improve her reaction time and balance, which will allow her to have faster thought process during the match. Furthermore, there are no barriers to this.

A final training method is speed agility through SAQ. Agility is the ability of sports peformer to quickly accelerate or change direction

without losing balance. SAQ is short, intense drills that involve acceleration and deceleration. She may do this for 20-30 mins to improve her acceleration. It also improves her coordination, control, arm work and balance, which is beneficial for Zara as she must be able to work her body to accelerate and rapidly move in different directions whilst remaining balanced and stable. This has no barriers.

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The learner has proposed at least one training method for Speed, Power, Reaction Time and Agility from the specification showing specific relevance to the individuals training requirements and the scenario. The learner has proposed at least four training methods from different components of fitness that are specifically relevant to Zara and her sport. This part of the answer has fallen into mark band 4 for trait 1 of the mark scheme.

The learner has also justified the proposed training methods making them relevant to the individuals training needs. The learner has justified each training method for each of the main components of fitness highlighted that could be used for the chosen individual and their training needs. The learner has also mentioned training methods that would not be suitable for Zara considering that she is a Football Goalkeeper. This part of the answer has fallen into mark band 4 for trait 2 of the mark scheme.

Activity 4

Assessment focus	Band 0	Band 1	Band 2	Band 3	Band 4
Training methods	0	1–2	3–4	5–6	7–8
	No rewardable material	The proposed training methods are generic, with limited relevance to the individual's training requirements. Justification for proposed methods is attempted however, is not always relevant to the individual's training needs.	The proposed training methods demonstrate general relevance to the individual's training requirements. Justification for proposed training methods is generally relevant to the individual's training needs.	The proposed training methods demonstrate relevance to the individual's training requirements. Justification for proposed training methods is relevant to the individual's training needs.	The proposed training methods demonstrate specific relevance to the individual's training requirements. Justification for proposed training methods is specifically relevant to the individual's training needs.

The extra one mark would have been awarded if the learner had justified more the training methods that were proposed for Zara in relation to her specific lifestyle.

Learners must ensure that they state a training method taken from the specification for the selected components of fitness that are relevant to the individual within the scenario. If strength and/or muscular endurance is highlighted in each scenario, then the term 'weight training' would not be acceptable here as this is not a specific training method taken from the specification. Training methods such as free weights, fixed resistance machines and circuit training would be acceptable.

This response gained 2 out of 8 marks

4 Propose and justify different training methods that meet Zara Gibson's training needs. [8]

Continuous training is Somthing Zara Shauld really Socus on, this is an example of aerobic endurance.

This can be done at a Low intensity at (60 % MHR) this could just be a light jog aroud at 60% of. her MHR.

Other types of aerobic endurance that Zara can achieve ~~and~~ ~~for~~ are fartlek and Interval training

Interval could be Something like Sprinting for ~~am~~ one Minute then having a 30 second rest this will test Zaras fitness and get her on

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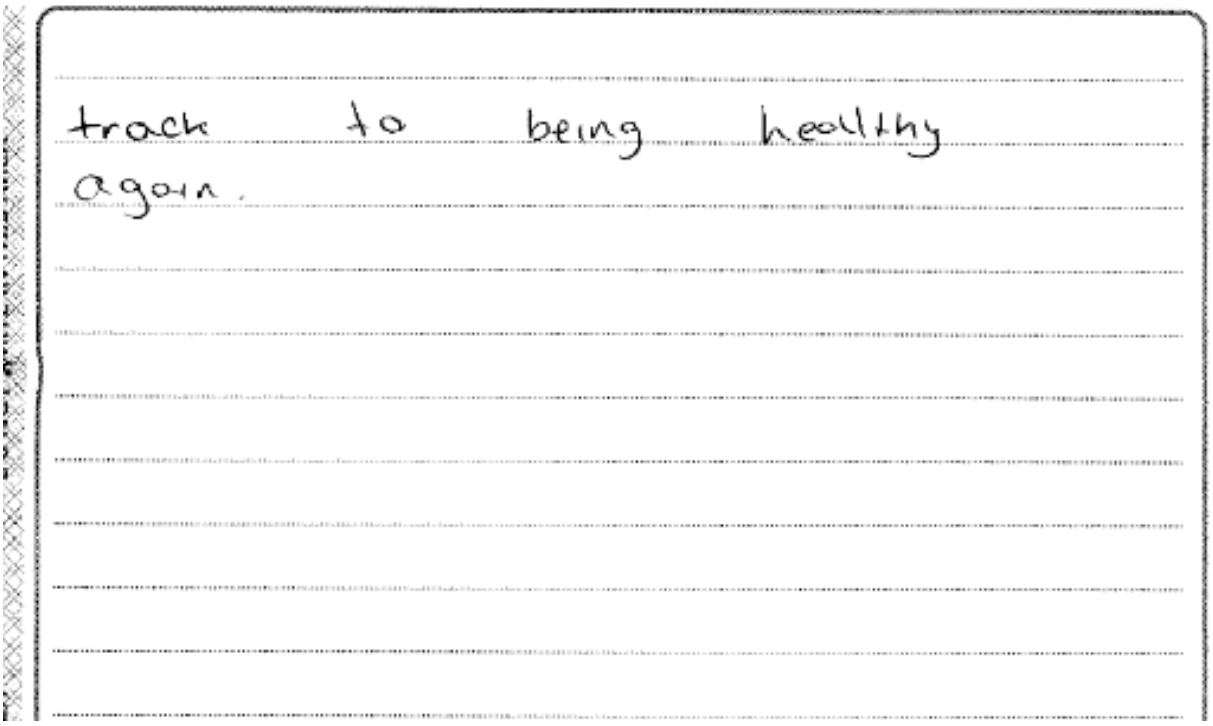

The learner has proposed a training method for one component of fitness, Aerobic Endurance. The learner has proposed continuous training which is taken from the specification. This part of the learner response has fallen into mark band 1 for trait 1 of the mark scheme.

The justification for the proposed training methods is generic, with limited relevance to Zara's training requirements. This part of the learner response has also fallen into mark band 1 for trait 2 of the mark scheme.

Question 5 – Design weeks 1, 3 and 6 of a 6-week fitness training programme for Zara Gibson.

Majority of the marks for question 5 would be awarded if candidates could design a training programme that demonstrated specific relevance to the fitness requirements for the chosen individual within the scenario. Candidates could choose from Power, Speed, Strength, Reaction Time, Aerobic Endurance, Flexibility, Muscular Endurance, Agility, Coordination and Core Stability activities within the programme design. If a learner identified at least three different components of fitness within the programme design, then their response would fall into mark band 3 for trait 1.

The training programme should also demonstrate a thorough understanding of the principles of fitness training, in the context of the individual's lifestyle or training requirements. The FITT principle must be applied in full detail to the programme, being specific with the intensity of the activities. Additional principles of fitness training must also be applied such as specificity, overload, progression, reversibility, rest and recovery, adaptation, variation, and individual needs. Not all the additional principles of fitness training need to be applied here but the programme must demonstrate a thorough understanding of these and that they have been taken into account when designing the 3 weeks of the 6-week programme.

This response has gained 6 out of 6 marks.

5 Design weeks 1, 3 and 6 of a six-week fitness training programme for Zara Gibson. (6)

Week 1

mins = minutes

	Physical activity (morning)	Physical activity (evening)
Monday	dynamic stretches 15 minutes	football training
Tuesday	walk to work	Circuit training for muscular endurance 40% 1RM for 20 mins
Wednesday	dynamic stretches 15 minutes	foot ball training
Thursday	walk to work	resistence machines for muscular endurance 40% 1RM for 20 mins
Friday	walk to work	rest
Saturday	Competition day	
Sunday	rest day	

Week 3

	Physical activity	
Monday	dynamic stretches 20 minutes	foot ball training
Tuesday	Continuous training for 25 mins at 65% VO max	circuit training For muscular endurance 45% 1RM for 25 min
Wednesday	dynamic stretching 20 minutes	football training
Thursday	continuous training 25 mins 65% VO max	Rest day
Friday	resistence machines for muscular endurance 45% of 1 RM	reaction training 20 mins
Saturday	Competition day	
Sunday	rest day	

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Week 6

	Physical activity	
Monday	dynamic and static stretching for 25 mins	football training
Tuesday	continuous training at 70% of VO max	circuit for muscular endurance 50% of 1 RM for 30 mins
Wednesday	dynamic stretching and static stretching for 25 mins	football training
Thursday	reaction training 25 mins	continuous training at 70% Vo max for 30 mins
Friday	continuous training for 30 mins at 70% of VO max	reaction training 25 mins
Saturday	Competition	
Sunday	Rest day	

(Total for Activity 5 = 6 marks)

The learner has designed a training programme that demonstrates specific relevance to the fitness requirements of the individual as they have included at least one training method and/or training session for Flexibility, Muscular Endurance, Aerobic Endurance and Reaction Time. The learner has included at least one training method or training session for three different components of fitness that are specifically relevant to Zara and her sport. This part of the answer has fallen into mark band 3 for trait 1 of the mark scheme.

The training programme that has been designed has also demonstrated a thorough understanding of the principles of fitness training, in the context of the individual's lifestyle or training requirements. The learner has implemented the FITT principle each week and clearly stated the intensity for majority of the sessions. The programme progresses each week, has included rest and recovery days, has variation included with a variety of different training methods being used and the programme is specific to Zara as it considers football training and reaction time training. The training programme has also considered embedding exercise on the way to work for Zara on specific days which considers her individual needs. This part of the answer has fallen into mark band 3 for trait 2 of the mark scheme.

Activity 5

Assessment focus	Band 0	Band 1	Band 2	Band 3
Six-week training programme	0	1–2	3–4	5–6
	No rewardable material	The training programme is generic, with limited relevance to the fitness requirements of the individual. Certain requirements may be omitted. The training programme demonstrates a limited understanding of the principles of fitness training, in the context of the individual's lifestyle or training requirements.	The training programme demonstrates relevance to the fitness requirements of the individual, although not all requirements are covered. The training programme demonstrates an understanding of the principles of fitness training, in the context of the individual's lifestyle or training requirements.	The training programme demonstrates specific relevance to all fitness requirements of the individual. The training programme demonstrates a thorough understanding of the principles of fitness training, in the context of the individual's lifestyle or training requirements.

Many learners did not state an intensity value for majority of the sessions for the individual or include the bpm (beats per minute) or MHR (Maximal Heart Rate) where relevant. 1RM or RPE would also be acceptable for intensity values.

This response has gained 3 out of 6 marks.

5 Design weeks 1, 3 and 6 of a six-week fitness training programme for Zara Gibson. (6)

Week 1

	Morning	Physical activity (Afternoon)	Evening
Monday	walk 2 miles of the to work get bus rest of theu way		Weight training 10 x 3 sets of everyth squats, lunges, bicep curls, chest press, shoulder press
Tuesday	get the bus		Football training Jog to football Agility fitness test.
Wednesday	walk 2 miles to work, get but the rest of they way	1 hour run, any pace, any distance.	Goal keeper reaction time training - 1 hour
Thursday	Walk to work		Football training Walk to football
Friday		weight training One rep max on bench press, bicep curls.	Resisted training Harness sprints 50 metre - 30 secs rest x 5 sets.
Saturday	GAME	DAY	REST
Sunday	REST		Interval training Jog 10mins Walk 5 mins repeat for 1 mile.

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Week 3

	Morning	Afternoon **Physical activity**	Evening
Monday	Run 1 mile to work get the bus rest of the way		Interval training Run 20 mins Walk 5 mins Jog 10 mins
Tuesday	2.5 mile run in less than 40 mins.		football training Run to football Agility fitness test
Wednesday	cycle to work		Interval training Sprint for 20 secs Jog 30 secs repeat for 1.5 miles.
Thursday		weight training 3x10 everything bicep curls, tricep dips, lunges, 30 min punching bag.	football training Cycle to football
Friday	Run 2.6 miles to work then ge the bus.		Circuit shooting drills - 1 hours.
Saturday	GAME DAY		REST
Sunday	REST DAY		

Week 6

	Morning	Physical activity	Afternoon / Evening
Monday	Run 4 miles to work, bus the rest.		Circuit shooting drill / saving drill. Co-ordination / reaction time
Tuesday	Interval Sprint for 40 secs Jog for 40 secs Walk for 1 min repeat 1 miles		Football training Agility fitness test.
Wednesday	Get bust	Resisted trainings 50m sprint with parachute. Rest 1 minute repeat 6 sets.	
Thursday	Run full way to work		Football training
Friday	Walk to work	Weight training bicep curls, bulgarian squats, squats, lunges, tricep dips.	
Saturday	GAME DAY ← →		REST
Sunday		Run 5km and time it.	Interval training Jog - 1min Sprint 30 seconds rest - 20 secs repeat for 2 mile.

(Total for Activity 5 = 6 marks)

The training programme that has been designed demonstrates specific relevance to the fitness requirements of the individual, as muscular endurance, reaction time, aerobic endurance and speed have all been covered. This part of the learner response has fallen into mark band 3 for trait 1 of the mark scheme.

The training programme demonstrates a limited understanding of the principles of fitness training, in the context of the individual's lifestyle or training requirements. The learner has not included any intensity values towards the FITT principle and the additional principles of training have not been thoroughly demonstrated by the learner as areas such as progression are hard to demonstrate without intensity values displayed. This part of the learner response has fallen into mark band 1 for trait 2 of the mark scheme.

Question 6 – Justify the fitness training programme that you have designed for Zara Gibson, considering the principles of fitness training.

A learner should be able to give a justification that demonstrates a thorough understanding of the principles of fitness training applied to their training programme. The FITT principle must be justified in relation to their training programme and again majority of the additional principles of fitness training should be justified such as specificity, overload, progression, reversibility, rest and recovery, adaptation, variation, and individual needs in terms of the training programme that has been designed. If learners justify correctly and in detail the FITT principle plus at least 6 additional principles of training, then their response would fall into mark band 4 for trait 1 of the mark scheme.

A learner should be able to give a justification that demonstrates relevance to the design of the training programme and the training requirements of the individual. Learners should be able to justify the aims and objectives of the training programme for the chosen individual as well as any personal goals (SMARTER) and resources required. Periodisation should also be mentioned in the context of the design of the 6-week fitness training programme. If a learner justifies the client's aims of the programme, their goals using the SMARTER acronym, Periodisation and resources required then their answer would fall into mark band 4 for trait 2 of the mark scheme.

This response gained 13 out of 14 marks

6 Justify the fitness training programme that you have designed for Zara Gibson, considering the principles of fitness training.

(14)

Frequency

This is how many times a week you need to train in order to progress. I have increased the amount she is training from 3 days in week 1 to 4 days in week 6 including her matches on a Saturday.

Intensity

This is how hard you train in order to see improvement. I have increased the intensity of the interval training from 70% MHR to 90% MHR, Circuit training from 40% to 60% IRM and Dynamic stretches from 40% to 60% MHR from week 1 to week 6.

Time

How long each session must be in order to see an improvement. I have increase the time of interval training from 20 minutes to 40 minutes, Circuit training from 20 minutes to 40 minutes and Dynamic stretching from 10 minutes to 20 minutes from week 1 to week 6.

Type

The type of training you choose to do. I have chosen, interval, circuit and Dynamic stretching for Zara.

Specificity

The training must be Specific to what the person wants to improve. Thats why I have chosen interval training and Circuit training because Zara wants to improve her physical fitness.

progression

This is gradually increasing frequency and intensity of sessions. I have increased the number of sessions Zara would do from 3 to 4. The intensity I have increased from 70% to 90% for interval training, 40% to 60% for Circuit training and 40-1.~~00~~% to 60% for Dynamic stretching.

Overload

This means training more than you normally would so by adding extra training days. This why I have increased the number of sessions from 3 to 4 and increased the length and intensity of the sessions.

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Reversibility

Training gains can be lost through injury. This why I have started with less training days at a low intensity to prevent injury from accuring early on in the programme so that progress can be made.

Rest and Recovery

The need for adequate time to allow the body to recover from training. I have decreased the number of rest days from 3 to 2. I have kept the one after match day throughout to give her body chance to recover from a game.

Adaption

Doing different things each session will improve the body's function to perform a range of skills. The Circuit training will allow this to happen because a ~~rang~~ wide array of exercises will be performed.

Variation

changes in intensity, frequency and type to prevent boredom. I have made sure there is an increase in the intensity and frequency from week 1 to week

6 to prevent Zara from becoming bored and losing motivation.

Individual needs

Basing training session on a persons age, motivation and fitness level. Zara is a former athlete and is still young. Therefore I have started at an easy to intermediate level and built it up to as her fitness levels improve.

Resources used

Zara will need a mat and weights to complete the Circuit ~~training~~ training but everything else can be done with no equipment.

Aims/objectives

Zara's aim was to improve her physical fitness I have done this through Circuit training and interval training which will improve her muscular and Cardiovascular endurance. I have also chosen flexibility and Core stability for Zara to work on as these are both crucial things for Zara as a goalkeeper.

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periodisation

Macrocycle: The preseason program that usually last around 3 months.

Mesocycle: This what the Macrocycle is divided into and this is Zaras six week training programme.

Microcycle: Each one of Zara's individual sessions.

Specificity: Goals must be specific.
Measurable: Training target must be measurable in order to see progress.
Achievable: Goals should be achievable to prevent a loss in motivation
Realistic: Must be releastic for the persons individual needs
Time bound: Should have a time frame to be Completed within.

(Total for Activity 6 = 14 marks)

The learner's justification has demonstrated a thorough understanding of the principles of fitness training that have been applied to the training programme. The learner has justified the FITT principle in relation to the training programme and they have also included six of the additional principles of fitness training from the specification. They have commented on specificity, progression, overload, reversibility, rest, variation, and individual needs. The learner has correctly justified six principles of fitness training plus the FITT principle to allow this response to fall into mark band 4 for trait 1 of the mark scheme.

The justification demonstrates specific relevance to the design of the training programme and the training requirements of the individual. The learner has included the resources required, aims of the programme, periodisation and the SMART acronym. This part of the answer has fallen into mark band 4 for trait 2 of the mark scheme.

Activity 6

Assessment focus	Band 0	Band 1	Band 2	Band 3	Band 4
Provide a justification for the training programme that has been produced for an individual	0	1–4	5–7	8–10	11–14
	No rewardable material	The justification demonstrates a limited understanding of the principles of fitness training. The justification is generic with limited relevance to the design of the training programme, or the training requirements of the individual.	The justification demonstrates a limited understanding of the principles of fitness training applied to the training programme. The justification is generally relevant to the design of the training programme and the training requirements of the individual.	The justification demonstrates an understanding of the principles of fitness training applied to the training programme. The justification demonstrates relevance to the design of the training programme and the training requirements of the individual.	The justification demonstrates a thorough understanding of the principles of fitness training applied to the training programme. The justification demonstrates specific relevance to the design of the training programme and the training requirements of the individual.

The extra one mark would have been awarded if the learner had made their justification more specific to the scenario and Zara for both the SMART acronym and periodisation.

There are still learners that do not include any principles of fitness training when it comes to their justification. Learners spoke about their fitness training programme but only in terms of what they had included for each of the 3 weeks, making their justification show a limited understanding of the principles of fitness training.

This response gained 1 out of 14 marks

6 Justify the fitness training programme that you have designed for Zara Gibson, considering the principles of fitness training.

(14)

The Principles for the training Program are to get Zara into the right Shape She needs to be to become a goalkeeper again.

her goal has been Set and my guidance will Put her on the right track to achieve her goal.

Continuous training is Shown by running / cycling Pretty much every morning and this will Show improvement over a Short Period of time.

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Walking everyday will just Sustain the fitness and & make the Process faster which is what Zara wants.

28

The learner has not justified any of the principles of fitness training in relation to the training programme. The learner has commented on the programme and what types of activities have been included, but not mentioned any of the principles of training. This part of the learner's response falls into mark band 0 for trait 1 of the mark scheme.

The justification given is generic with limited relevance to the design of the training programme, or the training requirements of the individual. The learner has briefly stated the individuals overall aim and goal for the programme. They have not mentioned the SMARTER acronym, periodisation or which resources are required. This part of the learner's response has also fallen into mark band 1 for trait 2 of the mark scheme.

Summary

- The scenario will always allow for all seven lifestyle factors to be commented on from the specification with regards to question 1. These are diet, exercise, smoking, alcohol, stress, exercise, sleep and sedentary lifestyle. All four health monitoring tests can also be interpreted by the learner on each exam series. Learners should ensure that they interpret these correctly in terms of the normative data.
- Question 2 should see learners giving lifestyle modification techniques that are taken from the unit specification and that are relevant to the chosen individual within the scenario. These lifestyle modification techniques should be justified in terms of the individual within the scenario as well as commenting on the common barriers to change.
- Question 3 responses should see learners propose nutritional guidance that is based around the recommended daily allowance of calories, macronutrients, micronutrients, and hydration and justify these accordingly, then the learner's response would be aiming towards the higher mark bands. If the scenario is sport specific, then including ergogenic aids would also be rewardable material here.
- Question 4 should see learner responses that give specific training methods that are taken from the specification and are relevant to the individual within the scenario. The chosen training methods should then be justified in relation to the scenario and lifestyle of the individual.
- For question 5, ensure the FITT principle is fully applied to the training programme including the intensity. For any aerobic based activity, the intensity values must include either MHR (Maximal Heart Rate) or BPM (Beats per Minute). For any strength or muscular endurance-based activities, the intensity must be in %1RM (One Rep Max). RPE would also be acceptable here for an intensity value.
- For question 6, ensure that the learners are justifying the design of their training programme through the application of the principles of fitness training. Some learners are only commenting on what they have planned for on specific days and weeks instead of demonstrating their knowledge around all the principles of fitness training.
- Centre's should not be submitting the learner's notes with the booklet as these must be retained and stored by the Centre.

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